



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-05-12)

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### 100359 – BEANS, CANNED, BLACK (TURTLE), DRY, LOW SODIUM, #10

### Nutrition Information

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Meat/Meat Alternates or Vegetables/Fruits</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>US Grade A canned dry black (turtle) beans, cooked and packed in salt water.</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>6/#10 cans per case. Each can contains not less than 110oz beans and liquid.</li><li>One #10 can AP yields 59.7 oz (about 6 5/8 cups) heated, drained black (turtle) beans and provides about 26.7 1/4-cup servings heated, drained black (turtle) beans OR about 13.3 1/2-cup servings heated, drained beans.</li><li>CN Crediting: 1/4 cup heated, drained black turtle beans provides 1 oz-equivalent meat/meat alternate OR 1/4 cup heated, drained black (turtle) beans provides 1/4 cup vegetable BUT NOT both components at the same meal.</li></ul>
<b>STORAGE</b>	<ul style="list-style-type: none"><li>Store unopened canned black beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li><li>Store opened canned beans covered and labeled in a dated nonmetallic container under refrigeration.</li><li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li></ul>
<b>PREPARATION/COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li><li>Use a clean and sanitized can opener.</li><li>Heat without added salt and serve alone or use as directed in recipes.</li></ul>

Beans, black , mature seeds, cooked, boiled, with salt

	1/4 cup (60 g)	1/2 cup (120 g)
Calories	57	114
Protein	3.81 g	7.62 g
Carbohydrate	10.20 g	20.30 g
Dietary Fiber	3.7 g	7.5 g
Sugars	0 g	0 g
Total Fat	0.23 g	0.46 g
Saturated Fat	0.060 g	0.120 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.90 mg	1.81 mg
Calcium	12 mg	23 mg
Sodium	70 mg	140 mg
Magnesium	30 mg	60 mg
Potassium	153 mg	305 mg
Vitamin A	3 IU	5 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0 mg	0 mg



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<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Use canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• NEVER USE foods from cans that are leaking, bulging, or are badly dented.</li><li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li><li>• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li></ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.